



Vernon Senior Center's

Issue 9

September 2015

Senior Moments

Big E Trip

The Center is going to the Big E on **Wednesday, September 23rd, Connecticut Day.**

We will be departing from Green Circle Commuter Parking Lot at **1:00pm** and leaving the fair approximately **6:00pm.**

Cost: \$12 Transportation: Senior Center Bus

Vernon Seniors will receive priority



Message from Paula:

It has been an honor to serve you and I would like to thank you for letting me be a part of your lives. As I leave, please be assured that the Center is in very capable hands with Sela, Cathy and Susan. They will continue to provide new programs and activities as they always have. Also, a special thanks to staff as they made my job so much easier.

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Newcomers Welcome

On the 4th Thursday of every month, the Senior Center hosts a tour of the Center for new seniors. This month, it will be held on **Thursday, September 24th at 1:30pm.**

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and hope to see you on the 24th.

Please note it costs \$2.00 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, September 9th**. The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.



The Hearing Screening : The next hearing screening will be held on **September 17th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions.

Other Healthy Activities



Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.



Zumba Gold

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves! **Wednesdays at 1:00pm**. Payment is made to the instructor at the beginning of each class. First class is **Free!** Then it is **\$5.00** per class or **\$40.00** for a ten-class punch card.



Senior Fitness /Chair Yoga

Senior Fitness classes will start on **Sept. 21st at 9:30am**, with Karen Michaud. The classes will run for **10 weeks**. **Cost:** Vernon residents: **\$20** Non-residents: **\$30**. Pay at sign up.

Chair Yoga with Toby, will be starting again on **Monday, Sept. 28th at 1:00pm**. The Class will run for **10 weeks**. Sign up will begin on Sept. 21st. Vernon residents: **\$25**, Non-residents: **\$30**.

Cards & Games

Bingo—Mondays at 1:00pm

Bridge— Fridays at 1:00pm

Canasta— Wednesdays at 1:00pm

Chess —Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos -Tuesday at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

New to Dominos-Tuesday 10:00am

Pinochle-Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

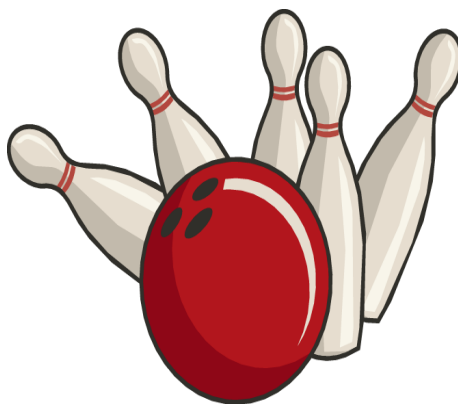
Set Back— Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Wii Bowling: This activity is offered on **Fridays at 12:30pm.** Our team is known as the Vernon Alley Cats . If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays & be part of the hooting and hollering. Go Cats.



Do you want to learn how to play dominos?

Come to the Center on Tuesdays at 10:00am to learn this fun game. We have volunteers who will teach you how to play. It is lots of fun.

Movie Matinee

Popcorn and a Movie: The Center is offering movie matinees! **Wednesday, September 9th at 1:00pm.**

The feature film is **The Judge** which is about a big city lawyer Hank Palmer. He returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.

Rated R

141 minutes

On **Wednesday, September 30th at 1:00pm** is our next movie matinee.

The feature film is **American Sniper.** Based on his memoir of the same name, this military biopic centers on legendary sniper Chris Kyle, who amassed a record number of kills on the battlefield during his 10-year career as a Navy SEAL.

Rated R

132 minutes



The Judge

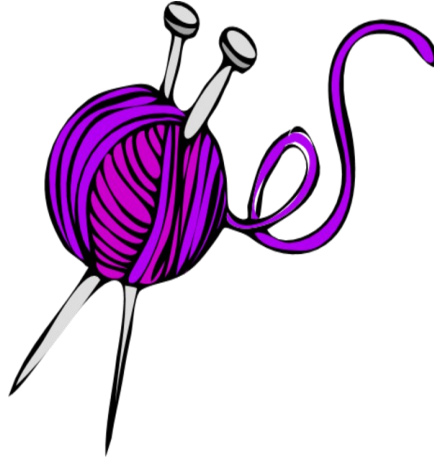
American Sniper

Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use colored pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity now meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am**.

All are welcome. The group gets larger every month!

Acrylic Painting Class

Come join us in a new Acrylic Painting Class.

The class runs for **6 weeks**, starting **September 24th**, from **9:30am—11:30am**.

The instructor is Shauna Shane.

Cost: Residents: \$20

Non Residents: \$25



During the first class, the instructor will let her students know what supplies will be needed for all the following classes.

Come have fun while learning to paint.

For the Sports Minded

Drop In Pool -Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am**. Any senior lady who would like to join the group is welcome!



Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windemere Court, Franklin Park, Franklin Congregate Housing, & Welles Village.

Wal-Mart East Windsor—Friday, September 04th

Need a ride to any activity or program at the Center?

Contact Hockanum Valley Community Council 860-870-7940
Dial A Ride Services



Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.

We would like to thank

Tina Sulam for all her hard work in our library. If you are interested in volunteering in the library please let us know.



All items have been donated. Our Library is now up and running again and donations are gladly accepted.

Maryann Romano continues to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all your hard work.

Memory Enhancement Series

The Center is offering a Memory Enhancement Series starting **Monday, September 21st at 10:30am.** The first session in a Introduction to Our memory. It will cover types of memory, normal brain aging, factors that impact memory, and what is a serious memory problem.



Memory enhancing strategies and exercises will be discussed. The program is presented by Jo Anne Harrison-Becker, MS Gerontology.

This is a free event.

Please call to register for this program.

FYI

Parking At the Senior

Center: We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.



Age Requirement Change

The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare



& other health insurance programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Cathy at 860-870-3594 on Tuesdays and Fridays. Please note that the counselors do not sell insurance.

Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

October 9th: Oktoberfest & Entertainment

October 14th: Vine to Wine in Vermont

October 23rd: Cider, donuts & Trivia

October 24th: "Seniorhood" Fair

October 30th: Halloween Party

November 4th: Trip to the 9/11 Museum in NYC

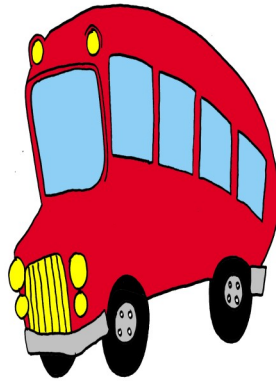
December 4th: Holiday Luncheon & Entertainment



WalMart Bus Trip

The Center is offering a monthly trip on the Senior Center Bus to WalMart in East Windsor. The trip is scheduled for the first Friday of every month.

The trip in Sept. is on **Friday, Sept. 04th** The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.



Other Activities

The “**Out to Lunch Bunch**” meets on the first **Tuesday** of every month. Each month a restaurant is chosen. This month the “bunch” is going to **Sofia’s Restaurant** in East Windsor on **Tuesday, September 8th** at **1:00 pm**.

Call now to sign up !

The senior bus is available for



transportation & pick up at all the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church.

Please call Sela or come to the Center to sign up for this fun day out with your friends.

Advisory Board

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: Jean Inge, Ron Kane, Joe Grabinski, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych and Carole Slattery. The Advisory Board role is to bring



suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

The next meeting is **Tuesday, September 22 at 9:30am**.

What You Should Know

Energy Assistance

Vernon Social Services will be taking applications for the State's Energy Assistance Program. If you are low income, you may be eligible for heating assistance. Contact Vernon Social Services at 860-870-3661 for more information or to schedule an appointment.

Medical Equipment:

We will no longer be accepting or loaning out medical equipment. This includes walkers, canes, commodes, shower seats, and wheelchairs.

We appreciate all the donations we have had in the past.

Signing In At the Senior Center:

It is really important that you remember to sign in with both first & last names & sign in clearly. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Foot Care Appointments Available!

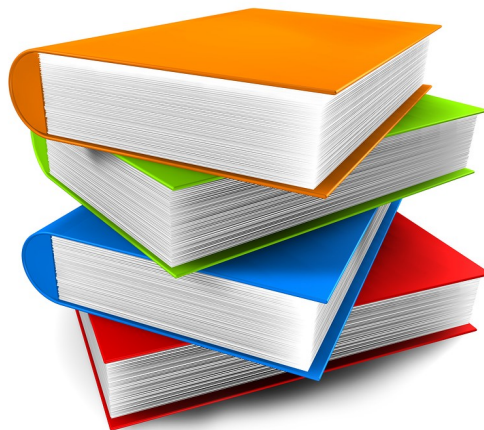


The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**



Senior Book Club

The Senior Book Club will be meeting on **Thursday Sept. 17th at 10:00am**. The book choice this month is "The Pied Piper", by Ridley Pearson. The Press is calling him the Pied Piper - someone who comes in the night and takes children away, leaving a penny flute in the crib.



The book club meets on the third Thursday of every month. Each person in the group gets to select a book to read.

Come and meet your fellow readers on the 17th.

You do not need to register for this activity. They are very welcoming and are always looking for new members.

Up Coming Trips

Magic Wings—September 16th

Big E—September 23rd—Connecticut Day

October 14th—Vine to Wine in Vermont

November 4th—9/11 Museum

We are still in the planning stages for December

Suggestions are always welcome.

Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given once payment is received unless we are able to fill your spot on the trip.

We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.

Mediterranean Venice Cruise

We are offering a 12 night Mediterranean cruise plus 2 nights in Barcelona escorted by Landmark Tours & Cruises' owners Bob & Joy Marx.

We'll fly to Barcelona & spend 2 nights in the heart of the City. We will tour the famous Sagrad Familia Cathedral, an architectural wonder.

We will board Royal Caribbean's Brilliance of the Seas for a 12 night cruise to Nice, Livorno (gateway to Tuscany), Civitavecchia (port city for Rome), Dubrovnik, Croatia, Venice (2 days), Ravenna, and Kotor Montenegro.

The price includes airport transfers, round trip airfare, 2 nights pre-stay Barcelona with touring and 3 meals, 12 night cruise, port and departure taxes, all meals, activities, & entertainment aboard ship, trip cancellation insurance, and portage of one bag per person.

Prices do not include shore excursions, bar drinks, gratuities aboard ship or items of a personal nature.

Informational Meeting Date to be Announced.

Dates: October 2-16, 2016

Price:

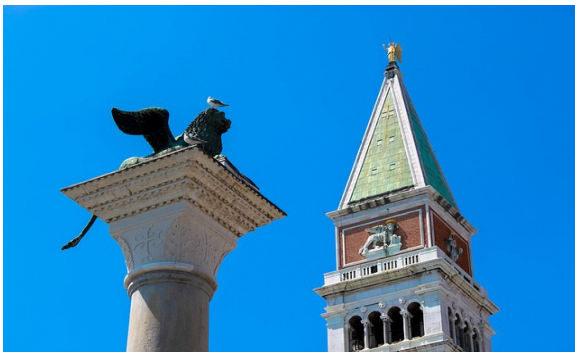
Cat. M—Inside Cabin—\$3419

Cat. I— Ocean View—\$3799

Cat. E2/E3- \$3929

Informational Meeting: Thursday, November 12th at 10:30am

Call to register.



9/11 Museum

The **National September 11 Memorial** honors the men , women and children killed in the terrorist attacks of September 11,2001 and the World Trade Center bombing that had killed 6 people on February 26,1993.This national tribute is a place of remembrance, commemorating the nearly 3,000 victims, recognizing the thousands who survived and reflecting the courage and compassion shown in the aftermath.

Wednesday, November 4, 2015

Depart: 7:30am

Estimated Arrival Home: 6:45pm

Cost: \$62 per person— this includes transportation, taxes, gratuities, and entrance fee to the museum



To join us you must **sign up**.

Leaving from Green Circle Commuter Lot

Vine To Wine In Vermont

Join us on **Wednesday, October 14th** as we travel to Vermont during the fall foliage season. Our first stop is the Grafton Cheese Company in Brattleboro VT. Here, we will experience the art of Vermont cheese making.

Then we are off to the Matterhorn Inn, located in the heart of Southern Vermont at the base of Mt. Snow. You can sit back and enjoy a talk on the different wines in Vermont and sample a few. Don't forget to bring a piece of cheese in with you to sample with your wine.

After the tasting, it is a short walk into the dining room where you can sit back and enjoy a traditional buffet lunch in this quaint family owned and run inn. Some of the menu items include homemade Polish dishes.

After lunch, we are off to Honora Winery and Vineyards in Jacksonville VT. Here you can enjoy a Vine to Wine tour of the vineyards, learn the grape growing process, tour of the winery with its wine making process and a taste of three different Honora wines. You will receive a complimentary Honora etched souvenir glass.

Depart: 8:00am Green Circle Commuter Lot

Estimated Arrival Home: 6:45pm

Cost \$104 per person includes all taxes & gratuities



Special Events & Services

Line Dancing

Come join us in line dancing. Exercise and fun at the same time.

Line dancing begins **Tuesday, September 15th at 9:30am.**

The classes run for **10 weeks.**

Cost: **\$25 per session.**



Women of The Civil War

Mary Lincoln and Varina Davis head the cast of characters in the Women of The Civil War program, to be presented on **Friday, Sept. 18th, at 1:30pm.** Civil War scholar, Connie Satton, will discuss the many roles of women such as



spies, nurses, doctors, soldiers, factory workers, camp followers, and town citizens in this illustrated lecture.

This event is free.

Call to sign up.

Birthday Celebration



The Center will be celebrating July, August and September Birthdays on **Monday, September 21st at 2:00pm.**

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of July, August and September. Even if you don't have a birthday, but would like to honor your fellow seniors, please do not hesitate to join us.

Please call the Center to sign up.

Special Events & Services

(Continued)

AARP Drivers Safety Class

The AARP will host a Drivers Safety Class on **Thursday, September 17th** from **11:45am to 3:45pm**. Cost is \$15.00 for AARP Members, \$20.00 for non-members. Payment by check only on the day of the class. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance. **The course is designed to help you:**

- * Update driving skills and your knowledge of the rules and hazards of the road.
- * Learn about normal age-related physical changes and how to adjust your driving to compensate.
- * Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.

Call to sign up.

Elder Law

Elder Law Attorney Laurel Mangan will be presenting on **Monday, September 28th at 1:30pm**.

She will be speaking about documents that you need for incapacity and death.

She will be covering living wills, durable power of attorney, and the difference between conservatorship and power of attorney.

Call to sign up.

This event is free.



Crazy Whist

The Senior Center is hosting a Crazy Whist Card Party on **Wednesday, September 2nd at 12:30pm**.

We will start with pizza followed by card playing.



Crazy Whist is a fun card game that everyone can play!

Cost is \$7.00 per person.

You must register for this program.

Everyone is welcome!

Just a Reminder...

We will be closed Monday,
September 7th in honor of
Labor Day

Join us at the Senior
Center for a fun day!

September's Birthdays !

Happy Birthday:

Sept. 6 Frederick Nowsch
 Janet McKercher

Sept. 30 Dolores Bouchard

Happy Anniversary:

Sept. 10 Marilyn & Ed Talbot

Sept. 14 Bernie & Karen Futoma

**Note: If you would like
your birthday/
anniversary in the News-
letter, please inform the
Senior Center Staff.**



VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: pclaydon@vernon-ct.gov

Website: www.vernon-ct.gov

**Hours
Monday—Friday
9:00am-3:00pm**

*Happiness is
spending time at
the
Senior Center!!*

*Join us at the Senior
Center for a fun day!*

*The Vernon Senior Center is committed
to assisting Vernon seniors by providing
programs that meet their needs and address their
concerns.*

Our staff includes:

Sela Saunders, Secretary/Receptionist

Susan Ward, Senior Program Coordinator

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: